

## Creating the Change You Want (and Need)

### Step 1: What do you want to change?

*Invite God to reveal one thing that may need to change in your life. It can be an attitude, perception, or action. It could be giving up something that has been a blockade to your goals or embracing some new habit or attitude. Sit in meditation for 10 minutes. Write. Try not to censor yourself. Is there anything that is standing out? Once something has started to come to mind try to refine and quantify it if appropriate.*

### Step 2: WHY?

*A. Imagine your life as if this change has taken place. How is it better? Who would benefit from this change? How so? How would it affect your life mentally, physically, spiritually, financially, and relationally? Write down these in as much detail as possible.*

*Consider also secondary and tertiary benefits from this change. Write these down as well.*

*Now consider your life in 6 months, 1 year, 5 years and 10 years after making this change. How do you feel? How desirable is this new reality on a scale of 1-10? If it is less than an 8, you may consider reimagining and/or reconsidering what you want to change.*

*B. Now imagine if you refuse to change. How is your life worse off? Who is suffering as a result? How so? How would it affect your life mentally, physically, spiritually, financially, and relationally? Write down these in as much detail as possible.*

*Consider also secondary and tertiary consequences from refusing to change. Write these down as well.*

*Now consider your life in 6 months, 1 year, 5 years and 10 years not making this change. How do you feel? How repulsive is this reality on a scale of 1-10? If it is less than an 8, you may consider reimagining and/or reconsidering what you want to change*

### **Step 3: What stories are you telling?**

*Often we develop elaborate stories or excuses around our behavior as rationalization or justification. Write these down. These may have been passed down from well meaning friends and family or cultural norms.*

*Visualize writing all these excuses being tied to a balloon and released into the air or tied to an anchor and thrown into the ocean.*

*Now invite God to give you a new story, a new narrative around this behavior. Hopefully this new story invites and compels you to take action.*

### **Step 4: Own it**

*Write and state your new reality in the form of an I AM statement. This is both a prayer (I am is the name of God in the old testament) and an affirmation of your new identity. Committing to read this daily for a period of 6 months can have a profound impact on adapting your new reality and reminding yourself of this commitment you have made.*

### **Step 5: Action**

*What are some actions that need to be taken as a sign of your commitment to this new life? List them. What is something that you can do immediately to take action. Invite God to help you problem solve to help make this decision a success.*

### **Step 6: Partner**

*Ask God to show you a few people that will support you in this decision. Explain to them why this decision is so important to you (step 2), the new narrative you are attempting to have faith in, and the actions you are committed to taking. Ask for their feedback and help. Commit to accountability and ask for support and encouragement. Be clear about what practically this looks like and the frequency.*

### **Step 7: Give it away**

*After experiencing transformation and change, help and encourage others that may be struggling with similar issues. This can be as unobtrusive as posting something on social media or encouraging a friend. As is said in AA, you have to give it away to keep it.*